

HELLO Harira-Style Lentil and Veggie Stew with Feta and Toasted Flatbread Wedges

Veggie

Spicy

30 Minutes





Customized Protein Add





2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫



285 g | 570 g



Red Lentils



1 cup | 2 cups



Flatbread 2 4





Mirepoix





Cilantro



7g | 14g

Garlic Puree 1 tbsp | 2 tbsp



Moroccan Spice



Blend

Vegetable Stock Powder

1 tbsp | 2 tbsp

1 tbsp | 2 tbsp



Crushed Tomatoes with Garlic and Onion

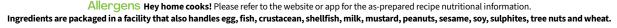


Harissa Spice Blend





Feta Cheese, crumbled ¼ cup | ½ cup



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Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, strainer



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut zucchini in half lengthwise, then into ¼-inch half-moons.
- Roughly chop cilantro.
- Cut each flatbread into 8 equal wedges.
- Using a strainer, rinse lentils until water runs clear.



Cook zucchini

+ Add | Chicken Breast Tenders

- · Heat a large pot over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then zucchini. Cook, stirring often, until tender-crisp, 3-4 min.
- Remove from heat, then season with salt and pepper. Transfer zucchini to a plate.



Start stew

- Heat the same pot over medium.
- When hot, add 1 tbsp (2 tbsp) oil, then mirepoix. Cook, stirring occasionally, until softened, 3-4 min.
- Add garlic puree, Harissa Spice Blend and Moroccan Spice Blend. Cook, stirring often, until fragrant, 30 sec.

4 | Finish stew

per side.**

Measurements

within steps

🖶 Add | Chicken Breast Tenders

1 tbsp

2 person

2 Cook chicken and zucchini

+ Add | Chicken Breast Tenders

If you've opted to add chicken breast
tenders, pat dry with paper towels. Season
with salt and pepper. Cook with zucchini,

increasing oil to 1 tbsp (2 tbsp). Cook

until **zucchini** is tender and **chicken** is golden-brown and cooked through, 3-4 min

oil

Ingredient

Add chicken to stew with zucchini.

4 | Finish stew

Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Add **shrimp** to **stew** along with **zucchini**. Cook, stirring occasionally, until **shrimp** is cooked through 3-4 min.** Proceed with remaining instructions as written.



Finish stew

🕂 Add | Chicken Breast Tenders

+ Add | Shrimp

- Add lentils, crushed tomatoes, stock powder and 2 cups (3 ½ cups) water to the same pot. Bring to a boil over high.
- Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 12-15 min.
- Add zucchini. Cook, stirring often, until heated through, 1-2 min. Season with pepper. (TIP: If you prefer a brothier stew, add extra water, ¼ cup at a time!)



Toast flatbread wedges

- While stew simmers, add flatbread wedges and 1 tbsp (2 tbsp) oil to an unlined baking sheet. Season with salt and pepper, then toss to coat. Arrange in a single layer.
- Bake flatbread wedges in the middle of the oven, until golden-brown and crispy, 4-5 min.



Finish and serve

- Divide **stew** between bowls, then sprinkle **feta** and **cilantro** over top.
- Serve flatbread wedges alongside for dunking.

- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.